

Bring this card to each medical visit. Talk with your diabetes care provider about your care.

Use the chart below to write down your results.

	Test	My Long-Term Goal	My Goal Now	Your Test Results				
				Date	Date	Date	Date	
Every Visit	A-1-C Blood Test (every 3-6 months)							
	Blood Pressure							
	Weight							
	Visual Foot Check							
	Review Blood Sugar Records							
Every 6 Months	Dental Exam							
Every Year	Dilated Eye Exam							
	Urine Test for Kidney Function							
	Complete Foot Exam							
	Cholesterol	Total						
		LDL						
		HDL						
	Triglycerides							
Flu Shot								

	Check (✓) box after you talk with diabetes care provider.			
	Date	Date	Date	Date
Healthy Eating				
Exercise				
Tobacco/Alcohol Use				
Medications				
Blood Sugar Testing				

I HAVE DIABETES. If I am acting strangely or cannot be awakened, my blood sugar may be low.

- If I cannot be awakened or cannot swallow, do not try to give me anything by mouth. **Please contact Emergency Medical Services (911) immediately.**
- If I can swallow, give me 4 to 6 ounces of fruit juice, sweetened soft drink, or other sugar source. If I am not better within 10-15 minutes, **contact Emergency Medical Services (911) immediately.**

Diabetes Care Card



Oregon Diabetes Coalition

Prescription & Non-prescription Medications
Name of Pharmacy
Allergies

Discuss these issues regularly with your diabetes care provider:

- Complications
- Foot Care
- Stress Management
- Blood Pressure Management
- Daily Aspirin Use
- Blood Sugar Control (High and Low Blood Sugar)
- Use of ACE Inhibitor
- Safety Check on Meter
- Self-Monitoring Log Book
- Pre-pregnancy Counseling and Pregnancy Management
- Sick Day Rules
- Syringe Disposal

Date of Pneumonia Shot
(Second vaccination is recommended if you are 65 years old and 5 years have passed since your first dose.)
Date attended diabetes self-management education program

Diabetes Care Card

Name _____

Diabetes Care Provider _____

Diabetes Care Provider Phone # _____

Emergency Contact _____
